

**Inside Ballet  
Technique  
Separating  
Anatomical**

**Fact From  
Fiction In  
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Inside Ballet

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2021-05-

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inside, ballet, technique,  
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Class; Edition: 1st edition;  
ISBN-13: 978-0871271914;  
Format: Paperback/softback;  
Publisher: Dance Horizons  
(5/1/1994) Copyright: 1994;  
Dimensions: 5.9 x 8.9 x 0.5**

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started studying books on anatomy and in 1979 started training with Valarie Grieg who is the author of inside ballet technique. This experience inspired Walton-Mahon to learn and create innovative and safe teaching styles.

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